

2. What are some ways that people might justify working on the sabbath?

3. Read Exodus 20:8-11. It has been said the American dream often looks like working without rest in order to achieve rest without work. How does this compare to a Biblical understanding of work and rest?

4. When was a time in your life that you felt like it was up to you to accomplish something important? How have you seen this attitude appear in your spiritual life?

5. Read Matthew 11:28-30. In this passage, Jesus invites his people to rest by taking up an instrument of labor. Why does he make this connection?

6. We tend to think that resting means not doing anything. In a spiritual sense, is this idea Biblical? Why or why not?

7. Do you tend more towards overwork or towards laziness? If you tend towards overwork, what is a step you can take to trust God by resting from your work? If you tend towards laziness, what is a step you can take to trust God by walking in wisdom?

LIFE TOOLS

Singles: God commands us to rest on the Sabbath, but this does not mean we have an excuse to be lazy. The Sabbath belongs to the Lord, and this means that the time we have on this day should be spent growing in him. Take the time this week to intentionally plan out how you will spend your time on Sunday. Prioritize the things that are spiritually life giving and honoring to the Lord!

Marrieds: It is important that you worship with your spouse and rest with your spouse. The Sabbath belongs to the Lord and not to us. With your spouse, make a list of all the things that tend to distract you from dedicating the Sabbath to the Lord (i.e. sports, late nights, the lake, family events). How have you noticed that the rhythm of your life changes when you use the Sabbath selfishly instead of to honor the Lord? Together, make a plan of action that ensures that you use the Sabbath to honor the Lord, and guards against selfish desires that wreck the rhythm of your lives.

Parents of Preschoolers: Play a game similar to “Red Light Green Light.” When you say, “Go!” have your preschooler run toward you and when you say, “Stop!” have them freeze in place. After 6 days of creating, God stopped what He was doing (creating the world) and was satisfied that He had done what He set out to do. God set an example for us to stop what we are doing once a week to rest and also spend a day honoring God.

Parents of K-6: Invite your children to participate in a series of tasks, such as running across the room and back, hopping on one foot for a minute, doing push-ups or sit-ups, etc. Encourage your children to do these things multiple times, with very little break. Are they tired yet?? Shout, “Rest!” God set an example for us to stop our work for one day each week and rest. This should also be a day set aside to honor God.

Parents of Teens: With your teen(s), categorize your normal activity or make a list of everyone’s fills and drains. Fills may be things you like to do or don’t like to do (like running, time along with God, prayer) that actually fill you up. Drains can be things you don’t like to do or do like to do (like watching movies, checking social networks, being in large groups) that end up draining you. Use this as a guide to help you and your teen(s) develop a rhythm of rest that truly allows for rest.